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Lire des ebooks Lâcher prise pour vaincre la dépendance Guy Finley PDF, ePub, mobi, Tenaces et sournois, les comportements de dépendance se manifestent de bien des façons. Abus d'alcool ou de drogues, inquiétude obsessionnelle ou incapacité à mettre un terme à une relation néfaste sont des manifestations différentes d'une même problématique : un profond sentiment d'incomplétude qui nous pousse à chercher par tous les moyens à remplir le vide. La prise de conscience de ce sentiment destructeur constitue la première étape pour nous libérer des mauvaises habitudes qu'il engendre. Dans ce livre, l'auteur propose quarante réflexions spirituelles qui vous mèneront vers une vérité fondamentale : vous êtes libre et l'avez toujours été. Pris dans l'engrenage de la dépendance, vous avez simplement oublié qui vous êtes réellement. Laissez-vous imprégner par les conseils simples et lumineux de Guy Finley. Porteurs d'une grande sagesse, ils vous aideront à enfin lâcher prise pour de

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